



Magic Calm-Down Jars

Grades 3-5

Estimated activity time: 5 - 15 minutes

Picture Credit: Jenna Ferguson



This is a simple activity to help you calm down!

Watch as the glitter peacefully glides down the jar.

Supplies

- Hot/warm water
- Glitter
- Glue or Glycerin
- Glass jar (or plastic) with a water-tight lid
- Dish soap

****OPTIONAL****

- Other fun objects to throw in the jar !



Credit: Amanda

Step 1

- Fill a jar with water and add glycerin or glue.
- The ratio of water and glue should be 2:1.



Credit: Amanda

Step 2

- 2 drops of dish soap will keep the glitter from clumping and staying at the top!

Step 3

- Add glitter! 3-4 tablespoons should be enough.
- Pick your own colors and glitter types!



Credit: Amanda

Step 4

- Add other fun objects and screw the lid on tight!
- You can also color the water with food coloring
- And SHAKE!
- If you're afraid of a mess, or your jar isn't quite water-tight, add some non-water-soluble glue around the edge of the jar



Eco-friendly Glitter

- Hemway Eco Friendly
- Biodegradable Glitter
- Electrik Biodegradable Glitter
- Universal Soul Glitter

These 3 are certified alternatives to standard ocean-harming glitter.

Eco-friendly glitters are produced from plant cellulose, making them biodegradable. Leaving your jar out in the hot sun may make your glitter decompose faster.



Side note from Amanda

What parents/ guardians can do

- Encourage students to do some deep breathing as they play with their jars.
- If your bottle is small, you can keep it in the car or in your bag.
Every time your kids feel stressful, this can be a quick and effective tool to relax them.





SOURCES

- Idea and photo credit: Amanda
- <https://barleyandbirch.com/2016/01/make-a-magic-meditation-jar/>
- <https://www.pinterest.com/pin/396879785896590209/>